



DINA
CHARYA

DAILY SCHEDULE OF A YOGI

By Yogi Vishnu Panigrahi



DAILY SCHEDULE OF A YOGI

Yoga is a lifestyle which enhances one's mind, body and soul.

In such a life full of hustle-bustle we need something to gain our sanity and yoga is a pathway to live a life brimming with Joy.

You live such a life that your body is regulated and negativity does not overpower you. You reflect and respond mindfully to things. Your actions are more thoughtful than usual. You take charge of your sensory organs, action organs, mind, body and intellect.

Yoga is a way of life. It involves sattvic diet, positive thinking, spiritual study, healthy relationships, silent meditation and selfless service. A yogic lifestyle does not mean renunciation or shedding family responsibilities.

For a happy life and a spiritual soul, Yoga is a blessing and one must follow the needs of the soul.

WHO IS A YOGI?

Yogi is the one who masters or is a learner of the highest form of knowledge -- Yoga. Yoga is the unification of the mighty soul to the Lord. It is the self realisation of the supreme who lies inside you.

There are many kinds of Yoga. These are just different paths with the same destination and the final abode of success is self realisation. Some of the kinds are.

HATHA YOGI

The one who practises Hatha Yoga is a Hath Yogi. The literal meaning of hath is "by force." This type of yoga has a set of postures which pushes the body and mind to achieve more.

SANKHYA YOGI

This type of yogi practises the power of knowledge. The yogi improves the wisdom and tries to attain the highest form of knowledge. It has three more names - Gyaan Yogi, Karam Sanyasi and Samatav Budhi Yogi. The Yogi aims at giving up the Ego and realises the element of supreme lord existing in everything.

KARMA YOGI

The Yogi who believes in selfless service is a karma Yogi. These Yogis believe whatever is done is for the Supreme Lord. They are neither expecting nor receiving anything in return of their selfless deeds. They are also known as the Nishkaam Karma Yogi.

RAJA YOGI

The Raja Yogi practises the Ashtanga Yoga and meditation. Raja means the King. So this is the king of Yoga with the ultimate aim of self realisation.

SIDDHA YOGI

These are the yogis who have been practising yoga for quite sometime and have also achieved Samadhi. They can practise the Samprajnata Samadhi where they are aware of their surroundings. They aim to attain at first Vivek Khayati where they realise the distinction of Atma Tatva (Soul element) and nature (Prakarti). Afterwards, they achieve asamprajnata samadhi where they are unaware of their surroundings and can feel the universe.

SADHAK

A beginner or a practitioner of Yoga is called a Sadhak.

Anyone, of any country, of any race, of any religion, male or female, is a Yogi if they are practising Yoga. Yoga is beyond all these distinctions. Anyone who is curious and thinking about the existence of the Supreme Lord, the Brahm and practising the guiding principles for the realisation is a Yogi.

It is a misconception that Yoga is just for health and involves bodily postures. Yoga is practise which involves the body, mind, intellect, and memory. A yogi has an ultimate aim of accomplishing the highest form of Samadhi. They lead a life keeping the goal in mind.

WHY IS A GOOD LIFESTYLE NEEDED?

A Yogi has to follow such a lifestyle which leads them to a path close to nature, a healthy body and mind, with thoughts that are positive and make them content even in non desirous situations. Our nature of which the human body is a part of, are made of three gunas :

सत्त्वं रजस्तम इति गुणाः प्रकृतिसम्भवाः ।
निबध्नन्ति महाबाहो देहे देहिनमव्ययम् ॥ 5॥

*Sattvam rajas tama iti gunāḥ prakṛiti-sambhavā
Nibadhnanti mahā-bāho dehe dehinam avyayam
(Shrimad Bhagwat Gita, Chapter 14, Verse 5)*

O mighty-armed Arjun, the material energy consists of three gunas (modes)—sattva (goodness), rajas (passion), and tamas (ignorance). These modes bind the eternal soul to the perishable body.

SATTVA GUNA

तत्र सत्त्वं निर्मलत्वात्प्रकाशकमनामयम् ।
सुखसङ्गेन बध्नाति ज्ञानसङ्गेन चानघ ॥ 6॥

*Tatra sattvam nirmalatvāt prakāśhakam anāmayam
Sukha-sangena badhnāti jñāna-sangena chānagha
(Shrimad Bhagwat Gita, Chapter 14, Verse 6)*

Amongst these, sattva guna, the mode of goodness, being purer than the others, is illuminating and full of well-being. O sinless one, it binds the soul by creating attachment for a sense of happiness and knowledge.

The sattvik gun is the purest of the three gunas. It signifies illumination, attitude of positivity, higher intellect and content in every situation. By improving the amount of Sattva Guna, the soul become more aware of its state and does not involve in the activities which are just for fulfillment of the body.

RAJAS GUNA

रागात्मकं विद्धि तृष्णासङ्गसमुद्भवम् ।
तन्निबध्नाति कौन्तेय कर्मसङ्गेन देहिनम् ॥ 7॥

*Rajo rāgātmakam viddhi trishnā-sanga-samudbhavam
Tan nibadhnāti kaunteya karma-sangena dehinam
(Shrimad Bhagwat Gita, Chapter 14, Verse 7)*

O Arjun, rajo gu a is of the nature of passion. It arises from worldly desires and affections, and binds the soul through attachment to fruitive actions.

The Rajas Guna is a principle manifestation of desire and attachment. A person with higher amount of Raju Guna seek pleasure is sex, pride, career, family and money. They are so involved in the vicious cycle that they almost forget the identity of soul and move away from the path of spiritual liberation.

TAMAS GUNA

तमस्त्वज्ञानजं विद्धि मोहनं सर्वदेहिनाम् ।
प्रमादालस्यनिद्राभिस्तन्निबध्नाति भारत ॥ 8॥

*Tamas tv ajñāna-jam viddhi mohanam sarva-dehinām
pramādālasya-nidrābhis tan nibadhnāti bhārata
(Shrimad Bhagwat Gita, Chapter 14, Verse 7)*

O Arjun, tamo guna, which is born of ignorance, is the cause of illusion for the embodied souls. It deludes all living beings through negligence, laziness, and sleep.

The Tamas Guna is a complete opposite of the Sattva Guna. It leads to a life where the individual enjoys sleep and sloth. These are the persons who are influenced by ill wills like violence, laziness, corruption, intoxication. The person with a higher amount of Tamas Guna does not hesitate to do illegal activities to fulfill their desires which are anti society and nature. Hence, it takes the soul to the more darkness and oblivion.

रजस्तमश्चाभिभूय सत्त्वं भवति भारत ।
रजः सत्त्वं तमश्चैव तमः सत्त्वं रजस्तथा ॥ 10॥

*Rajas tamaśh chābhibhūya sattvam bhavati bhārata
rajah sattvam tamaśh chaiva tamah sattvam rajas tathā. 10
(Shrimad Bhagwat Gita, Chapter 14, Verse 30)*

Sometimes goodness (sattva) prevails over passion (rajas) and ignorance (tamas), O scion of Bharat. Sometimes passion (rajas) dominates goodness (sattva) and ignorance (tamas), and at other times ignorance (tamas) overcomes goodness (sattva) and passion (rajas).

A yogi has to maintain such a lifestyle that it's sattva gun is at the highest amount. It can be done by performing activities who give a boost to sattva guna and motivate the body for spiritual upbringing. In a day of 24 hours, these gunas are divided in the time period.

| SATTVA GUNA | RAJAS GUNA | TAMAS GUNA |
|--------------------|---------------------|---------------------|
| 3:00 am to 7:00 am | 7:00 am to 11:00 am | 11:00 am to 3:00 pm |
| 3:00 pm to 7:00 pm | 7:00 pm to 11:00 pm | 11:00 pm to 3:00 am |

Everything which is part of this nature has all the three Gunas including a human body. A Yogi should maintain such a daily routine that the Sattva Guna goes up and other two guns go down. Though all three gunas are required to live a sustained life.

For example: You get up in the morning and a thought comes to your mind that today you will do a Satsang (prayer meeting). So you take shower, clean the prayer area and start chanting the prayers. After an hour of the satsang, you sit and relax for sometime.

- **The thought of Satsang is a result of Sattva Guna**
- **Getting up, showering, cleaning and performing the Satsanga is a part of Raju Guna,**
- **Finally, to stop, sit and relax is the result of Tamas Guna.**

The sattva guna gives a good thought, Raju Guna motivates you to work on it and tamas guna stops you when it is done, otherwise your body will be overworked.

A daily routine is absolutely necessary to bring a positive change in body, mind, and consciousness. One may wonder how yogis in India live to be 120-150 years old, and the answer is simple, by following a daily routine in harmony with nature - dinacharya.

Dinacharya is the “law of nature” and the key component to living a long life, ripe with vitality and complete mind/body health. This routine is based on the sun and moon’s energetic effect on digestion, mental focus, creativity and the potential for spiritual awareness and growth.

A daily schedule sets time frames each day when we should sleep, wake, conduct self-care, eat, work, and do our spiritual practices like yoga and meditation. So the daily schedule is formed on the basis of the Guna cycle which ultimately gives you strength for a brighter spiritual life.

YOGI'S SEXUAL DESIRES

Sexual urges and desires are very hard to control. But without celibacy, a person can never really climb the ladder of spirituality.

The Yogis generally learn to channel their sexual energy through spiritual practices like meditation and chanting.

Control of the sexual urges doesn’t mean suppression of sex. Suppression of sexual urges is often bad and may cause psychological problems.

The real purpose of observing celibacy is to sublimate or transmute the sexual energies. When we start observing celibacy, we gain a lot of energy and will power.

When we make use of this surplus energy in our creative activities, the energy is used in a better direction and we tend to achieve faster results.

By the observance of celibacy, we get immense concentration power. The sexual energies now begin to flow upwards and get stored in the brain in the form of Ojas. The more Ojas a person has in his brain, the more spiritual he becomes.

There is no control over one’s sexual desires, just channelisation of sexual energy in a better direction is the way to escape it.

LIFE ON TIME AND DOSHA

DOSHAS AND THE AYURVEDIC CLOCK (WITH LIFE TIME) :

In Ayurveda, the building blocks of life consist of five elements: earth, water, fire, air, and ether. The three doshas are derived out of five elements. The doshas, known as mind-body types, express particular patterns of energy—each a blend of physical, emotional, and mental characteristics. Doshas are of three types : Vata, Kapha and Pitta.

VATA TIME:

- **2:00 am. – 6.00 am.**
- **2:00 pm – 6:00 pm.**

Vata is made up of air and ether. During vata time, we are creative and inquisitive, and attuned to the more subtle energies present in the Universe and within ourselves. The morning hours are best for our spiritual practices and inner focus, and the afternoon is best to work and socialize. Both periods are ideal for creative expression.

KAPHA TIME:

- **6:00 am – 10:00 am**
- **6:00 pm – 10:00 pm**

Kapha is the energy of water and earth. During kapha time, our digestive fire is slower and our minds are in a restful state. In the morning, we should decrease kapha's sluggishness through being awake, exercising, and eating foods that are stimulating yet easy to digest. In the evening, we should allow our bodies to wind down through a light, nourishing meal, gentle exercise, and self-care.

PITTA TIME:

- **10:00 am – 2:00 pm**
- **10:00 pm – 2:00 am**

During pitta time, our digestive fire is at its peak, in terms of both our ability to digest foods and to digest emotions and experiences. The midday period is when we should eat our largest meal of the day, and ideally we will be sleeping before the nighttime period begins so that we can properly digest and assimilate everything from the day.

BE VEGETARIAN/ VEGAN & LIVE HEALTHY

Vegetarian food contains a high proportion of fresh, healthful, plant-based foods, which provide antioxidants and fiber. When a person decides to follow a meat-free diet, their body becomes more active in making overall healthy choices.

Studies have listed quite a lot of health advantages of vegetarian/vegan lifestyle, It reduces the risk of cardiovascular disease and various types of cancer, reduces the risk of metabolic syndrome like obesity and type 2 diabetes.

If you're unable to completely give up on meat then simply try the best you can. Ayurveda is not all-in or not-at-all — each step we take toward living an Ayurvedic lifestyle will improve our overall health and happiness, so take it slow but make an intentional effort to change.

Say no to Nicotine.

Abstain absolutely from alcohol and any mind-altering drugs.

Indian herbs and spices are known to add medicinal benefits to one's meal :

Indians Spices alter long-standing conditions by eliminating metabolic toxins. Also, known as “Cleansers”, certain herbs improve the immunity of the person, thereby reducing conditions such as fever.

Antibiotic herbs like turmeric are useful in inhibiting the growth of germs, harmful microbes and bacteria.

Ayurvedic practitioners recommend certain antipyretic herbs such as black pepper, sandalwood, safflower and coriander to reduce fever and the production of heat caused by some conditions.

GETTING UP EARLY IN THE MORNING:

Getting up at 4 am in the morning is called “Brahma Muhurta” - the time of God. This is the time when the mind is at its most peaceful and focused state.

Once you wake up, first lie down on your right side for 10 minutes until your left nostril opens. Closing the eyes, sit comfortably on your bed and start watching your breath for 5 min. Join your hands and do morning prayers taking a resolution for it to be a good day today. Check which nostril is open and know which is active. With your hands begin to massage your whole body before you put your feet on the floor.

A YOGI'S MORNING ROUTINE:

1) Drink a glass of water (Ushapana)

Upon waking up you should first drink lukewarm simple water, make it a habit to drink one glass before you drink or eat anything else. It cleans toxins from the body. Caffeine intake as the first thing in the morning is avoided.

2) Stretch to clean your belly (Laghu sankhaprakyalana)

After drinking a glass of lukewarm water you should stretch your body with these 3 postures. It brings the pressure in your belly and you can have a clear bowel movement.

Paste photos of the three asanas

- ***Tadasana***- Stretch your arms above your head 4 times.
- ***Tiryaktadasana***- Stretch your arms above your head and do side bend 4 times
- ***Katichakrasana*** – Place your right hand on your left shoulder and left hand back and twist the left same thing in the opposite direction. Repeat this 4 times.

3) Go Toilet- clean your belly

In the yogic tradition it is much more effective to pass your bowel movements in the squatting position as this allows the force to pass more naturally. Do not listen to music, read a newspaper or book while on the toilet. And do not use toilet paper as this is seen as wasteful, rather use water to clean yourself, this will protect nature and recycle water. Wash your hand only with herbal handwash.

4) Brush your teeth and do Tongue Scraping

During the night, your mouth turns to be warm, moist and cozy, very possibly easy for bacteria to grow. A proper tooth and tongue cleaning routine is necessary. For cleaning the teeth and brushing the tongue to induce gagging, use the following mixture of astringent powders:

- 1 part sea salt + 2 parts potassium alum
- Or salt and mustard oil
- Or Neem twig

There are also very good herbal toothpastes which cover these ingredients. So you can also use those to clean your mouth.

5) Self Oil Massage

Self oil massage is known as Abhyanga in Ayurveda. The best time is either in the morning before bathing or in the night before a shower. Heat the oil such as coconut oil, sesame oil or jasmine oil depending which suits the skin. Start at your scalp, then forehead, nose, eye-

brows, shoulders, legs and feet.

6) Taking a Bath

According to the Ayurveda, bathing is a therapeutic activity which should be done in such a manner that it relaxes the muscles, cleanses the body, removes the toxins and upheavals the mind. The morning bath, therefore an important aspect of a yogic dinacharya.

Benefits of following the Ayurveda bathing technique

- Balance out the emotions, mind and nervous system
- Elevates the energy levels
- Enhances digestive activity tiredness, sleepiness, exhaustion, burning sensation, thirst, itching and perspiration is removed.

After understanding predominant dosha in the body, the bath is taken with either cold or hot water.

To balance Vata : Bath with warm water is suggested. As for adding essential oils to bathwater, rose, rosewood, rose geranium, and neroli work well for exuding calm and warmth with vatas.

To balance Pitta: For pitta types, a cold water bath, calming and soothing oils for the skin and mind jasmine (for women) and vetiver (for men), as well as mint and lemon is suggested.

To balance Kapha: Kaphas can be stimulated and uplifted by hot water bath adding rosemary, juniper, orange, and bergamot oils.

However, soaps are generally discouraged in Ayurveda as they can be too scouring for dry types, causing dryness for vata and skin irritation for pitta. Applying oils/ moisturisers after bath is not suggested as it decreases the natural capacity of skin to tolerate high as well as low temperature.

When bathing, you should first put water at your feet, then from hip down to your feet, afterwards your shoulder and at last you head. If you put water first at head, your mind is shocked and scared. That is the reason why children are scared while taking bath. This is the reason why Ayurveda does not suggest head showers, hand showers are good and best is taking bath from bucket and mug.

Meditation while taking bath or shower

During shower chant the mantra:

***"Gange ca yamune chaiba Godavari saraswati, narmade sindhu
kaveri jalesmin sannidhikuru."***

Feel the touch of the water with the body and feel sensation which can take you to the meditative state.

WHAT SHOULD THE TEMPERATURE OF THE WATER BE?

A cold bath has various benefits which a hot bath lacks. With a hot bath the blood circulation does not reach the uppermost layer of the skin. Besides, the blood cells near the outer skin become weak, whereas a cold bath strengthens them. When our skin comes in contact with cold water, it contracts. The contractions caused by the loss in temperature provide relief to the body. It creates an effect equal to that of body massage. When we use cold water for a bath it accelerates the blood circulation; we can feel it while bathing. The interesting thing is that when we take a cold bath the body experiences a sort of inner warmth. It happens because of the rapid flow of blood. After all, it is more suggested to take a bath as per your body dosha and living place temperature. In extreme winters, a beginner is not suggested to cold water bath or someone of higher age as the body is not adaptive to it. If you take a bath from warm water then gradually you can move to cold water. A sudden change may lead to sickness.

7) Skin Brush

This Ayurvedic technique requires silk gloves or a dry skin brush. Start with your extremities and brush toward your heart, with the exception of brushing down the back and spine. This practice drains the lymphatic system and stimulates movement of energy. Take a warm shower or practice self-massage afterwards.

8) Hair Care

The major glands functions in the place where is more hair like eye-brows, armpits, head etc that's why yogis don't cut them as they believe by cutting them it affects the hormones and electromagnetic field. The hair brings lots of benefit like it gather phosphorus and vitamin D from the Sun. Hence it important to take care of the health of hair. We should put oil regularly, almond oil is the best. Regularly we need to comb the hair with a wooden comb and by combing the hair we can activate the energy point and we feel active and stimulated.

START YOUR MORNING PRACTICE:

1) Doing Japa

A mala, is a string of beads. Used to chant the names of God. It's the same thing as prayer beads. Or a rosary. A mala typically has either 108 beads. 108 being considered a sacred number in Hinduism. Likewise, 27 beads, which is one-fourth of 108. In addition to the 108 or 27 “counting beads,” a mala generally has an additional bead. Called the “guru bead.” Which hangs perpendicular to the circle of counting beads.

HOW TO USE A MALA

A mala is usually worked with by using the right hand. The mala is held resting over the third finger of the right hand, and the beads are brought toward you, one by one, using the thumb. Each bead counts one repetition of the mantra. When you get around to the guru bead, you don't count it, and you don't pass it; you stop there, mentally bow to the guru, flip the mala around, and start going back the other way. Each time you come to the guru bead you awaken once more, then you turn around and go back the way you came.

JAPA

For a beginner, a small japa of Lord Shiv like “Om Namah Shivay” can be taken. The japa can vary depending on your adaptability and learning of the Sanskrit Language. Gradually, you can start practising the long japas.

2) Diaphragmatic breathing practice

Diaphragmatic breathing, or deep breathing, is breathing that is done by contracting the diaphragm, a muscle located horizontally between the thoracic cavity and abdominal cavity the lungs, the chest does not rise and the belly expands during this type of breathing.

Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your **diaphragm** move as you **breathe**. **Breathe** in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.

BENEFITS OF DIAPHRAGMATIC BREATHING

1.- Relieves stress

Deep breathing helps in better relaxation. Diaphragmatic breathing stimulates the parasympathetic nervous system, which evokes the feeling of relaxation.

2.- Supplies more oxygen

This healthy breathing pattern also increases the oxygen delivery to the cells. It also stimulates the blood flow and enhances the nourishment of the brain and muscles.

3.-Improves our concentration

It is logical that if we decrease the stress levels, our minds get clearer and it is much easier to focus. If you practice meditation or visualization, always start with this breathing technique – it will calm the mind and evoke a positive feeling of connection between the mind and body.

4.- Increases our lung capacity

Most of us are used to shallow breathing, especially when we are under stress. When we consciously exercise the diaphragm, it can stretch further down towards the belly, which gives the lungs more space to expand. That is why professional singers, actors, speakers, athletes, even teachers practice this diaphragmatic breathing regularly in order for it to become habitual. It gives them stability in their voices, expands the capacity of the lungs, which can supply them with some extra amount of air.

5.-Detoxifies our bodies

When we supply more oxygen to the cells, and stimulate the blood flow, we gently cleanse our body; and enhance the natural detoxing process of our organism.

6.- Balances our energy

This also works on a deep energetic level. Deep belly breathing, if executed regularly, strengthens and purifies our energetic field, balances the chakras, and helps us overcome negative subconscious patterns.

3) JOINTS MOVEMENTS

For flexible muscles and maximum outcome, a small 10 mins ago workout for the joint muscles are suggested. It is easy and can be done for a beginner. The 9 step joint movement practise is to be followed for strength and longevity.



1.- Forehead and face massage :

To begin with, heat some oil which is suitable for your skin. Put some on your finger tips and in rotational motion massage it over your forehead, nose, cheeks, chin, eyebrows and at the back of your ears. Follow this 5 minutes.



2.- Neck movement :

For the next 2 minutes. Move your neck in a rotational motion, first 1 minute left to clockwise and next 2 minute anti clockwise.



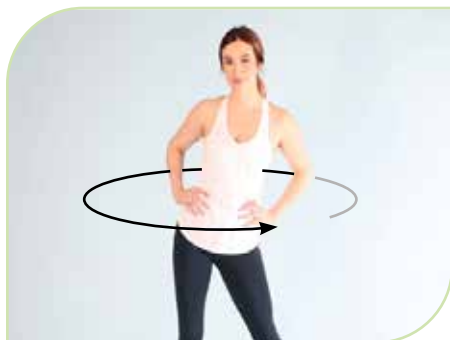
3.- Shoulders and arms movement :

For the next 2 minutes, move your shoulders in rotational motion, both the shoulders together. Initial 1 minute in clockwise direction and next 2 minutes anti clockwise direction. Follow the same technique for moving your elbows and hands.



4.- Spinal twist :

It is a great pose to restore the lost energy and balance. Perform this for 2 minutes.



5.- Hip rotation :

Place both your hands on your waist and move your hip in rotational motion, Stand straight keeping your back arch, first 1 minute move in the clockwise direction and next 1 minute anti clockwise.



6.- Side bending

This brings balance to the entire body. Stand tall with feet and legs together and reach both arms straight up overhead as you inhale. Lower your right arm down the right side of your body and exhale as you lengthen the left arm over the head, bending your body gently to the right. Perform this for 1 minute each side.



7.- Jogging and warm up exercises

Do a standing jog for 2 mins, This will warm your body up and get your heart-pumping.



8.- Savasana

Lie flat on your back, Legs separated. Place your arms at your side and your palms facing up. Close your eyes and breathe deeply and slowly through the nostrils. This will relax your each and every body part, muscle and thought.

4) HATHA YOGA POSTURES

Hatha yoga is a holistic way of achieving mastery over your mind and body.

Sequence of yoga practice :

Sunsalutation -

Standing asana -



A. Big Toe Pose :

Calms the brain and helps relieve stress, anxiety and mild, Stimulates the liver and kidneys, Stretches the hamstrings and calves
Strengthens the thighs.

B. Chair Pose

Chair Pose clearly works the muscles of the arms and legs, but it also stimulates the diaphragm and heart.

Strengthen legs, reduces flat feet and stretches shoulder and chest.



C. Dolphin Pose

Dolphin pose strengthens the core, arms, and legs, while opening the shoulder.

Relieves headache, insomnia, back pain, and fatigue, Therapeutic for high blood pressure, asthma, flat feet, sciatica.



SITTING ASANA

A) *Baddha Konasana (Butterfly pose)*

This gives a stretch at the inner thighs, groins and knees. Great for stress relieve and fatigue.



B) *Ustrasana (Camel Pose)*

Opens the chest and frontal regions. Relieves back pain. As the blood flow is reversed it also calms one down and is known to reduce anxiety.



C) *Padmasana (Lotus Position)*

This regulates blood pressure, improves digestion and reduces menstrual discomfort in females .

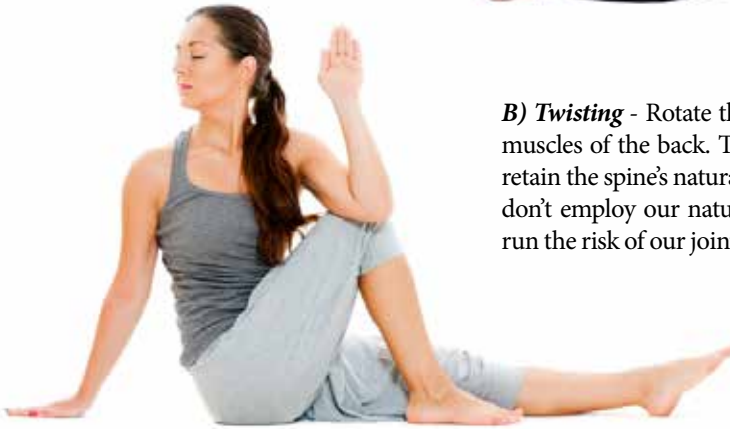


A) Forward bending

The forward bends create length and space in the spine, counteracting compression, and their inward nature can promote introspection. Forward bend must be done with care especially if you have tight hamstrings and hips.



B) Twisting - Rotate the spine and stretch the muscles of the back. This helps to restore and retain the spine's natural range of motion. If we don't employ our natural range of motion we run the risk of our joints hardening and fusing.

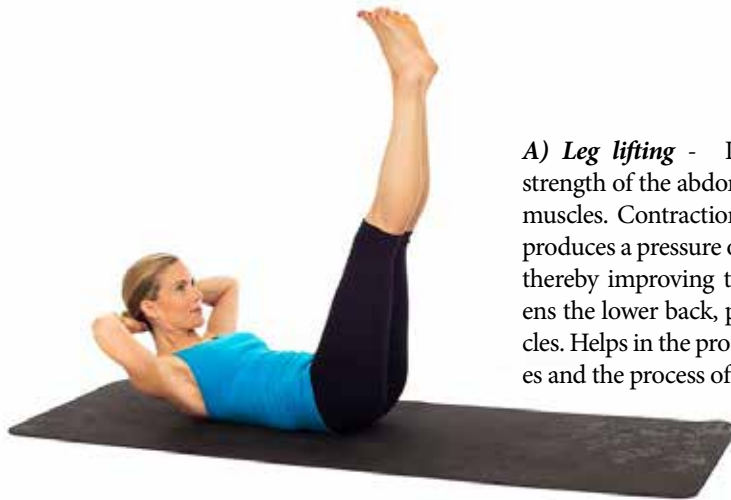


C) Inversion - This eliminates toxins, boosts positive energy and immunity, increases flow of oxygenated blood to the brain, works as a natural antidepressant, stimulates the nervous system and calms the mind, improves circulation, strengthens the back and core abdomen.



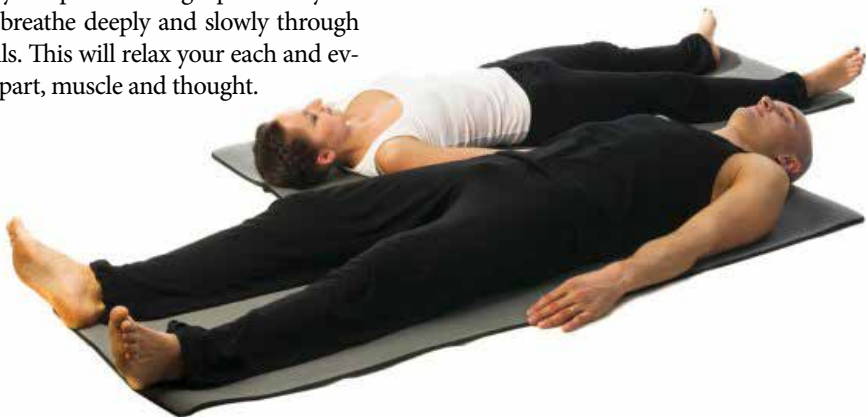
BACKWARD BENDING

Backward bending is a whole body arch involving each and every part of your body from toes to the fingertips. The tension can be felt from tip to toe.



A) Leg lifting - Improves the tone and strength of the abdominal muscles and thigh muscles. Contraction of abdominal muscles produces a pressure on the abdominal organs thereby improving their function. Strengthens the lower back, pelvic and perineal muscles. Helps in the production of digestive juices and the process of excretion.

B) Savasana/Yoga Nidra - Lie flat on your back, Legs separated. Place your arms at your side and your palms facing up. Close your eyes and breathe deeply and slowly through the nostrils. This will relax your each and every body part, muscle and thought.



5) PRACTICE PRANAYAMA FOR 10-15 MINUTES

Pranayama is the right regulation of the breathing cycle in accordance with one's true potential. In another world 'Prana' means essential energy and ayama means 'to enhance.' So the actual meaning of the word is 'Growth of the range of the crucial energy.'

Sequence of pranayama practice :
5 minutes kapalbhati and bhastrika

KAPALBHATI

In Sanskrit the Kapal means 'skull' bhati means 'enlightened'. Kapalbhati is the practice which brings a state 'Clarity' in mind as well as in body.

How to Practice

It should be practiced with an empty stomach. Sadhak should sit in padmasana or siddhasana and those who are unable to sit in these asanas, they can perform it on a chair, keeping the spine straight and body firm.

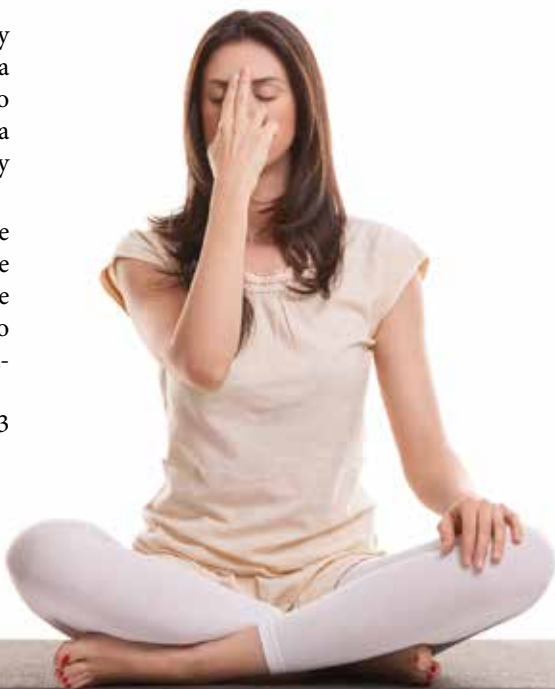
So in ***Kapalbhati*** more attention is to be given to acts of forceful exhalation while the inhalation is passive, Silent and short, while abdominal contraction force is applied to the Manipura, Swadhisthana and muladhara chakra.

Healthy people can practice it for 2-3 minutes regularly.

BHASTRIKA

Bhastrika pranayama involves both rapid inhalation and exhalation which is coordinated by the action of the diaphragm and abdominal muscles so the air moves in and out of through lungs quickly.

- Sit comfortably in meditation pose (Padmasana, Siddhasana or Swastikasana) with an erect spine.
- Keep both palms on knees in dhyana mudra. Concentrate on normal breathing.
- Relax and calm the mind
- Take a deep breath through both nostrils and fill the lungs completely with air and then exhale forcefully with hissing sound through the nose. Inhale deeply and exhale completely.
- Do this for 2 minutes and increase time gradually.



5 MINUTES OF UJJAYI, BHRAMARI PRANAYAMA

UJJAYI

The 'ud' means expanding or upward. 'Jaya' means victory or success. In Ujjayi Pranayama, the lungs of the practitioner are fully expanded as that of a mighty conqueror, thus it is a pranayama of victories.

- Sit comfortably so that your spine is raised straight. The most suggested postures are Padmasana or Siddhasana. Keeping the spine erect, lower the head to the trunk.
- Rest the chin in the degree between the collarbones just above the breastbone. This is called Jalandhara Bandha.
- Stretch the arms out upright and rest the back of the wrists on the knees. Join the tips of the index fingers to the tips of the thumbs, keeping the other fingers extended. The index finger symbolizes the individual soul and the thumb is the universal soul. The union of the two symbolizes knowledge.
- Expand the upper eyelids towards the lower eyelids to close the eyes and look within.
- Breathe out completely.
- Take a quiet, deeper smooth breathe through both the nostrils. The passage of the incoming air is felt on the roof of the palate.
- Fill the lungs up to the brim. Attention must be paid to see that the abdomen does not bloat in the process of inhalation. This filling up of the lungs is called puraka.
- The entire abdominal area from the pubis up to the breastbone should be pulled back towards the spine. Hold the breath for 2 seconds.
- Breathe out unhurriedly until the lungs are completely clear. As you begin to breathe out, keep a grasp on the abdomen. After three seconds of exhalation, relax the diaphragm slowly. While exhaling the passage of the outgoing air should be felt on the roof of the palate. This exhalation is called rechaka.

BHRAMARI PRANAYAMA

The Bhramari means humming bee, so in the technique we create sounds to build peace, positive energy and happiness. It is a very useful practise for regulating mind stress and improving hyper blood pressure.

- First of all, sit in the Sukhasana posture and relax.
- Now close both your eyes and feel the stillness of the atmosphere while taking deep breaths.
- keep the index fingers on the ear (cartilage between the ear and cheek).
- While taking a deep breath, press the cartilage and exhale. During this time you will hear the humming sound of a bee.
- Your face should be closed while making a humming sound. Do not squeeze the ear cartilage too hard.

- Keep the sound that comes out during Pranayama high. Repeat these steps 3 to 4 times.

5 MINUTES NADISHODHAN

Nadi Shodhana refines the blood and respiratory tract system. The profound breathing improves the blood with oxygen. This Pranayama boosts the respiratory system and balances the nervous system. It helps to relieve nervousness and headaches.

- Sit, and concentrate on the normal breath for a few minutes.
- Lift the right hand, place the index finger and middle finger at the eyebrow centre (Pranayama Mudra) and close the right nostril with the thumb.
- Breathe through the left nostril 20 times - the breath is barely deeper than normal and directed into the stomach.
- Open the right nostril again and close the left nostril with the ring finger. Breathe through the right nostril 20 times - the breath is slightly deeper than normal and into the abdomen.
- Return the hand to the knee and observe the normal flow of the breath.

6) MEDITATION 20 MINUTES

Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. It's extremely difficult for a beginner to sit for hours and think of nothing or have an "empty mind." In general, the easiest way to begin meditating is by focusing on the breath but there are in fact various different methods of meditation, such as:

TRATAKA

Concentration meditation involves focusing on a single point. This could entail following the breath, repeating a single word or mantra, staring at a candle flame, listening to a repetitive gong, or counting beads on a mala. Since focusing the mind is challenging, a beginner might meditate for only a few minutes and then work up to longer durations.

In this form of meditation, you simply refocus your awareness on the chosen object of attention each time you notice your mind wandering. Rather than pursuing random thoughts, you simply let them go. Through this process, your ability to concentrate improves.

MINDFULNESS

Mindfulness meditation encourages the practitioner to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises.

Through mindfulness meditation, you can see how your thoughts and feelings tend to move in particular patterns. Over time, you can become more aware of the human tendency to quickly judge an experience as good or bad, pleasant or unpleasant. With practice, an inner balance develops.

WALKING MEDITATION

While walking observe your body movements, breath and sensations. It helps you to make your life a meditation.

7) HAVE BREAKFAST

It is believed that the way you start your day is the way you will feel for the rest of the day. A healthy beginning to the day will lead to a happy day.

What to eat ?

An appropriate breakfast should contain a combination of heavy carbs proteins and fats like butter toast, Indian stuffed paratha, oats, dosa or idli. You can also include dried figs and other raisins. Eating warm, well-spiced, easy-to-digest foods, with an emphasis on hot cereals and cooked fruits, rather than cold cereals and raw fruits or heavy meals.

When to eat?

The correct time to have your breakfast is within 2 hours once you are up, An ideal breakfast time is between 7AM to 7:30 AM.

Eat only according to your need, do not overfill yourself as the aim is to have an urge to eat after two hours. Do not overeat.

What not to eat ?

Right breakfast fuels the body in the right way, Avoid ready-to-cook food, extreme sugar based breakfast. One must also avoid Meat and eggs in breakfast as it increases Tamas Guna.

8) GO TO WORK

Take the means of travel which is good for you and your environment, If you feel that you can walk up to your workplace or use a bicycle then do it and of course if your office is quite far then try taking a public means of transport or take your own vehicle.

If you are driving to your office then make sure that you are at peace, put up a light mood booster music to enhance your life-state. You are meant to have traffic lights on your way, react mindfully to it.

Live each day to create value worth 100 years, Bring the best of you out of your workplace. Push yourself to think more and be creative as much you can. Make sure that you leave your office fully satisfied with all your actions.

9) AFTER YOU REACH TO YOUR OFFICE

How to behave with others ?

It's important to carry the yogic spirit out of your yoga mat. Your behaviour with others

reflects your personality. Be in the best of your spirits, live in the present moment, don't think about what has happened and don't flatter about the future. If you are at office, You have to keep your mind and body at the same place, do not ponder upon what happened at home or other places, Follow the yogic way of living.

“Nishakama” is working without any expectation,

How to follow yoga in your office and business should always be nishkamta means no ego for good work, no hope for appreciation. Help, love and appreciate everyone but also, be very clear with rights and wrongs.

Being truthful and honest is very important towards your work and colleagues is the first principle of nishkama.

10) HAVE LUNCH (AYURVEDIC LUNCH)

Lunch has to be your largest meal of the day. It should have most of your calorie-intake during this meal. The digestive agni is maximum during lunch time. This should be had in between noon to 1.

A small walk is recommended after lunch.

11) READY FOR EVENING PRACTICE

Go for a walk, or run :

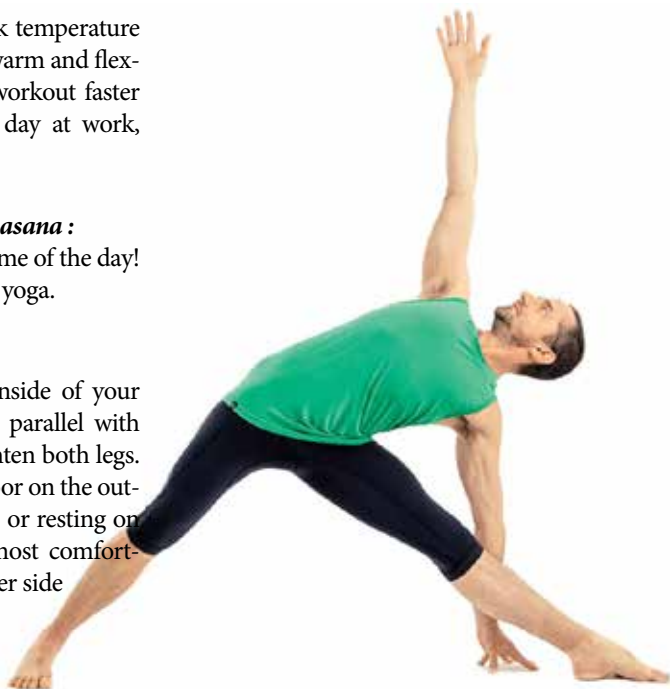
As evening is the time of peak temperature of your body, Your muscles are warm and flexible and you might be able to workout faster and better, stress relief after a day at work, school, home.

35 minutes of Yoga and Nidra Aasana :

Yoga can be practised at any time of the day! Here are a few poses for evening yoga.

A) Triangle Pose :

Step your right foot to the inside of your right hand. Turn your left foot parallel with the back of your mat and straighten both legs. Your right hand can be on the floor on the outside of your foot, up on a block, or resting on your right shin, whichever is most comfortable. Repeat the same on the other side





***B) Standing Wide-Legged Forward Fold
(Prasarita Padottanasana)***

straighten both legs and parallel your feet so that you are facing the long side of your mat. Inhale deeply and fold forward on your exhale, coming into prasarita padottanasana.

***C) Goddess Pose
(Supta Baddha Konasana)***

Bring your feet to the mat with the soles touching and let your knees open to either side. Props (blocks or blankets) can be used here under the knees for support if you like.



D) Nidra Aasana

Lie flat on your back, Legs separated. Place your arms at your side and your palms facing up. Close your eyes and breathe deeply and slowly through the nostrils. This will relax your each and every body part, muscle and thought.



ISHWAR PRANIDHAN AND FIVE MINUTES OF MEDITATION

Ishwar Pranidhana is one of the niyama or rules of yoga such as shauch (cleanliness), santosh (contentment), Tapa and Swadhyay. In absolute terms, Ishwar Pranidhana refers to surrender to the almighty. But this is not about giving up worldly life to the service of the almighty so much as subduing and curbing the ego and the arrogant self. The ultimate aim of Ishwar Pranidhana is not just to subdue the ego which can get in the way of loving relationships and other joys of life, it is about giving in to the will of God and surrendering to His or Her will in the faith that God will do the right thing so long as you do your best to do your duty.

How to do it ?

- If you're comfortable with long Sankrit jaaps then take a shlok with meaning and chant it with closed eyes with right breathing. This will create a sense of tranquility within you.

*If sholka seems very difficult then simply chant
"Om Namah shivaya Jaap" on the mala.*

- End your evening practice with a shanti paath. Shanti translates as peace, and Path means descent. The shanti path is a mantra for peace, harmony and happiness. The mantra establishes peace and learning and invites peace to rain down upon those who practice yoga there.

The Shanti Path is chanted in Sanskrit:

*"Om Dyau Shanti-Rantariksha-Gwam Shantih,
Prithvi Shanti-Rapah Shanti-Roshadhayah Shantih
Vanas-Patayah Shanti-Vishwed Devah Shanti-Brahma Shantih,
Sarvag-Wam Shantih Shanti-Reva Shantih Sa Ma Shanti-Redhi
Om Shantih Shantih Shantih Om II"*

English Translation:

May peace radiate there in the whole sky as well as in the vast ethereal space everywhere.

May peace reign all over this earth, in water and in all herbs, trees and creepers.

May peace flow over the whole universe.

May peace be in the Supreme Being Brahman.

And may there always exist in all peace and peace alone.

Aum peace, peace and peace to us and all beings!

Shanti is chanted three times at the end.

12) DINNER

What to eat ?

The key to having light dinners is to maintain balance as we don't get enough time to digest. Eating a large, high-sugar or high fat meal at night overloads your digestive system. It doesn't get adequate rest through the night, thereby slowing your body physically and mentally the next day.

You can have wheat roti with a light vegetable which is fibrous and digestible.

Cereal based dinners are recommended even Wheat bread, Dal khichdi, Vegetables and/or salad – use different cooking methods for variety in your vegetables, try boiling, steaming and stir-frying to make dinners interesting and healthy.

When to eat ?

The earlier you have dinner, The best it works for your system. An ideal time to have dinner before 7:30 PM. You should keep a gap of 3 hours between your dinner and bedtime,

Why not eat heavy?

We all know there are certain foods that should be avoided, but many don't think about it as much when it comes to dinner. There are several foods you may be eating for dinner that are keeping you from losing weight or getting a good night's sleep.

- Avoid meat
- Avoid simple carbs
- Avoids chocolates
- Avoid extra spicy food
- Try not to have over greasy and spicy food

Not a good combination of food?

There can be an absolute disaster with a few combinations because it might hinder your sleep, your digestion and your fitness goals.

Don't ever have milk combined eggs or night together at night as they are very heavy to digest and need time to breakdown.

13) 20 MINUTES WALK AFTER DINNER

Avoid drinking water right after your meal, wait for at least 30 minutes.

A walk post dinner boosts your metabolism and manages your digestion well. It's the best time to engage with your family and have a conversation with everyone in the house. Wash your feet, face and hands and give yourself a massage oil before going to bed.

SLEEP EARLY

What not to do before you sleep?

After working hard all day, it's very difficult to turn your system off instantly. There are things that can hamper your sleep and ruin your morning. Here are things that should be avoided in order to attain peaceful sleep.

- Do not consume caffeine post 5 PM
- Do not use any of your electronics on your bed
- Don't snack on unhealthy food
- Chug a ton of water
- Do not exercise before going to bed

What helps you to sleep nice ?

Sleep plays a major role in one's health and lifestyle. Here are some ways to enhance your sleep quality.

- Optimize your bedroom environment, right light and reduced noise can help one sleep early.
- Take a relaxing shower
- Brush your thoughts off
- Try to sleep and wake up on a particular time
- Avoid long afternoon naps

Any ayurvedic medicine I should take before I sleep?

Here are some sleep inducing Ayurvedic herbs that will not only help you get sound sleep, but will also relieve excessive stress and anxiety that causes various sleep disorders.

1.- Brahmi

This improves your alertness, supports a restful sleep, calms emotional turbulence and also helps improve concentration and alertness. This is also called brain tonic.

2.- Shankhpushpi

This relieves mental fatigue, acts as a natural tranquilizer for anxiety neurosis that further helps in sleeping better.

3.- Vacha

Vacha has calmative effects on your brain, helping you to cure tension and insomnia. It acts as a coolant that relaxes the nerves thereby inducing sleep.

4.-Jatamasi

Jatamasi is a natural brain tonic and a memory enhancer; also facilitates calmness and relaxation to a hyperactive mind. It helps in inducing sound sleep while rejuvenating and nourishing the nervous system.

Any yoga practice for good sleep?

These bedtime yoga poses can help you peacefully :

1.- Lizard Pose :



2.- Up the wall :

Sit facing the wall and lie onto your back. Moving buttocks as close to wall as possible, lift legs and rest the back of legs against the wall, legs perpendicular to the ground.

3.- Before - Bed Bridges

Lie faceup with knees bent, feet flat on floor, arms extended by sides, palms up.



4.-Seated Forward Folds

Sit on the ground, back straight, legs together and stretched out in front of you.



HOW TO PREPARE TO SLEEP

Begin your evening ritual around 8:30 pm to ensure a restful transition to bedtime. Unwinding with a book or a bath and avoiding screen time are important aspects of good bedtime hygiene. This routine may prevent late-night snacking. Around 10pm, pitta energy kicks back in which may spark a “second wind” and inhibit true rest.

- 10:00 p.m Bedtime. Sleep for 6-8 hours a night, depending on your dosha (vata types should aim for 8 hours, pitta for 7 hours, and kapha for 6).
- 6:00 p.m - 10:00 p.m. — Eat a light but nourishing supper between 6 and 7 p.m. (supper is short for supplemental, so think of your evening meal as nutrition to supplement what you took in earlier in the day). Take a walk outside or exercise for at least 15 minutes shortly after eating. Start your nighttime routine by 8:30 p.m. Evening self-care like a bath, self-massage with oil, gentle or restorative yoga, or light reading are good ways to wind-down.

The purpose of sleep is to allow the body and the mind to rest, recuperate, regenerate and do some self-healing. You should wake up rested, refreshed, and alert, ready to face the day.

PREPARING YOUR BED AND SLEEP

- Adjust your bed such that your head should be towards east or south to balance the earth's north-south magnetic field. Your bed should be firm not too soft in order to support your spine and nervous system to relax.
- You can put inspiring music during your sleep to bring positivity.
- Your food should be digested before you sleep so eat dinner around for before 6 or 7 pm
- 20 Minutes of walk before sleep is great to h
- Ave a good sleep
- If you feel stress and physically not good then stretch your body for 5 min before sleep
- You need to drink 2 glass of water before 1 or 2 hours you sleep that help you pass the urine before sleep and you don't have to wake up many times to go bathroom

- Brush your teeth before you sleep
- Wash your feet in cold water to get your nervous system ready for relaxation
- Meditate for a few minutes and also go through all events of the day that help you to forgive and accept.
- Read some pages of inspiring book
- Have a foot massage for sound sleep

FALLING ASLEEP

A sound sleep is a fuel to your engine to run the next day with all your being.

There are few steps that you can follow to fall asleep peacefully. Complete these steps as you are lying in bed.

As soon as the breath becomes regular and slow, you will have a chance to go quickly through the preliminary stages of sleep and almost immediately reach the deep dreamless sleep state, avoiding the energy-draining dream stage altogether.

- Take all your worries, concerns, ideas, and problems, wrap them up in a package, and put them on a shelf in your mind labeled G.O.D. You'll be amazed at how many are gone, solved, or improved by the time you wake up.
- Set your mental timer to wake you up in the morning. Yes, your subconscious mind has a great sense of time and will respond to your directive.
- Lie on your stomach, turn your head so your right cheek is on the pillow. This automatically opens your left nostril to bring in the cooling, soothing, calming energy.
- Do long, deep breathing through both nostrils.
- Block your right nostril with your hand and continue long, deep breathing through the left nostril.
- Once you feel drowsy, turn over onto your back, side, or your preferred sleeping position.
- Continue long, deep breathing until asleep.

DRESS COLOR AND STYLE

How you dress is a personal choice. When you choose to dress with grace, dignity, modesty, and elegance, it can strengthen your projection and become a tool to help you expand your consciousness. The colors are the product of light energy and according to our dosha and according to different time, place and situation we can change the color of the dress. White brings purity and clarity, orange brings purification and energy, yellow brings control and awakening. All other colors green, blue, violet, black they all have their own benefits. We have mentioned dress colours according to days below.

| DAY | COLOR | SIGNIFICANCE |
|-----------|--------------------|----------------------------------|
| Monday | White | Day of lord shiva |
| Tuesday | Red | Day of lord hanuman |
| Wednesday | Green | Day of goddess |
| Thursday | Yellow | Day of spirituality and learning |
| Friday | Light blue / white | Day of creativity and art |
| Saturday | Purple / black | Day of justice and honesty |
| Sunday | Pink / maroon | Day of enlightenment |

LIVE ACCORDING TO THE PRINCIPLES OF YAMAS AND NIYAMAS WITHOUT COMPROMISE OR MITIGATION

Apply principles of yamas and niyamas to enhance your lifestyle.

- **Ahimsa:** non-violence, non-injury, harmlessness :
Always respect what others have to say, even under difficult circumstances this expands your own realms of living as a human being.
- **Satya:** truthfulness, honesty :
We should inculcate the habit of being true to ourselves, catch yourself telling unnecessary lies , untangle your web of lies, figure out who you are and accept it.
- **Asteya:** non-stealing, honesty, non-misappropriately :
Self care is the key to a healthy life, You need to keep a check on yourself as much as you do for others. Self reflect, whenever you see yourself following the wrong path. Find your joy and help others find theirs.
- **Brahmacharya:**
Sexual continence in thought, word and deed as well as control of all the senses, this means simply being life – to live the way you were born – alone.
- **Aparigraha:**
Non-possessiveness, non-greed, non-selfishness, non-acquisitiveness : This teaches us to be ever evolving, nothing in life remains the same. Learning the art of letting go is the path to peaceful living. We open ourselves to fresh ideas, new relationships, and more harmonious ways of living and being.
- **Shaucha:** purity, cleanliness:
This refers to physical and mental cleanliness of an individual. Saucha is about purity of energy, so in our homes; it's about the way we organise and maintain our space.
- **Santosha:**
Contentment, peacefulness : This is contentment, as in looking around at your perfectly-imperfect life, waking up to the little graces, and being ok with it.
- **Tapas:**
Austerity, practical (i.e., result-producing) spiritual discipline

- **Swadhyaya:**

Introspective self-study, spiritual study : Here lies the key of exploring the capacity of your life and your own self.

- **Ishvarapranidhana:**

Offering of one's life to God.

- 1.- Learn authentic Indian and Yoga philosophy. Read the Bhagavad Gita, the Upanishads and a translation of the Yoga Sutras not written by a propagandist for a particular yoga method or teacher.
- 2.- You do not need to dress like an Indian and sit on the floor and eat with your fingers. But you do need to adopt and identify with Sanatana Dharma. If you really do so, you will find yourself at one with all true religion.
- 3.- Never close your mind. Be ready to learn, adopt and conform to any wisdom you encounter.
- 4.- Do kirtan and participate in chanting mantras.
- 5.- Spend time in India, looking and learning. Merge into the real India of the spirit.



DAILY SCHEDULE OF A YOGI

Yoga is a lifestyle which enhances one's mind, body and soul.

In such a life full of hustle-bustle we need something to gain our sanity and yoga is a pathway to live a life brimming with Joy.

You live such a life that your body is regulated and negativity does not overpower you. You reflect and respond mindfully to things. Your actions are more thoughtful than usual. You take charge of your sensory organs, action organs, mind, body and intellect.

Yoga is a way of life. It involves sattvic diet, positive thinking, spiritual study, healthy relationships, silent meditation and selfless service. A yogic lifestyle does not mean renunciation or shedding family responsibilities.

For a happy life and a spiritual soul, Yoga is a blessing and one must follow the needs of the soul.

Yogi Vishnu has been steeped in spiritual endeavours his whole life and from a very young age sought to receive teachings from the Great Himalyan Masters of Yoga & Meditation. He has had the privilege of studying under many great teachers. For 9 years Vishnu taught at the Swami Rama Institute of Meditation and Inter-faith Studies and obtained his Masters Degree in Sanskrit and in Yoga. He studied the Vedic Scriptures, Vedanta, Yoga and Tantra Science.

For many years Yogi Vishnu has been traveling and teaching spirituality in India as well as travelling to many countries in Europe, Asia, Africa, and South America, by request of his seekers who wish to receive his wisdom. Yogi Vishnu lives at Samadhi Yoga Ashram situated in Laxmanjhula, Rishikesh, on the banks of Ganga in India. He is deeply dedicated to guiding students at his two yoga schools, World Peace Yoga School and Samadhi Yoga Ashram, to experience a unique and spiritually nourishing life journey of their own. With his warm, loving and generous spirit Vishnu welcomes people from all over the world to come to learn and practice with him.

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